



## MEDIA RELEASE

23 October 2006

# St John and Jazz!

St John Ambulance Volunteers will be on duty at Jazz in the Vines, with around 10 Volunteers on scene for the duration of the event to provide first aid to the patrons of the event.

St John offers the following tips to event patrons:

- Keep your fluids up by drinking plenty of water and not just alcohol
- Remember to apply sunscreen every 2 hours and to wear a hat and sunglasses. You can still get burnt on a cloudy day.
- Wear appropriate shoes, the ground is uneven and there is often broken glass.
- Ensure you carry your own medications, eg. Ventolin, Insulin etc.
- Ensure you have the mobile number of friends that are with you, and you are aware of travel arrangements at the conclusion of the event.
- If you need assistance during the course of the event, the St John Volunteers will be able to assist you.

“Jazz in the Vines is an excellent opportunity for our volunteers to take part in the festivities and help our local community.” said Connie Merritt, Divisional Superintendent, Singleton Division, St John Ambulance Australia (NSW).

“We would like everyone to enjoy their day and ask that people take note of the first aid tips from St John and please seek help from our volunteers if you need them. They will be happy to help.”

“Our volunteers treat many casualties during events like this for varying conditions. It is important that people look after themselves and also each other during the event.” said Ms Merritt.

St John volunteers are easy to recognise in their familiar black and white uniforms and will be able to provide assistance if required.

For further information about St John volunteers contact 1300 360 455 or visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au).

**ENDS**

**Contact: Kate Kelly, Communications Officer, 9219 6856 or 0410 220 872**